



SESSIONS JUST FOR YOU

MONDAY 9.30 - 10.45pm

- ◆ **BADMINTON**
- ◆ **SHORT MAT BOWLS**
- ◆ **TABLE TENNIS**
- ◆ **ACCESS TO FITNESS SUITE**

WEDNESDAY 9.30 - 11.30am

- ◆ **GROUP MOVEMENT TO MUSIC**
- ◆ **ACCESS TO FITNESS SUITE**
- ◆ **TABLE TENNIS**
- ◆ **SHORT MAT BOWLS**

REFRESHMENTS INCLUDED

SESSION COST:

- ◆ **MEMBERS £3.70 CONCESSION £2.65**
- ◆ **NON MEMBERS £4.20 CONCESSION £3.15**